

Harvest of the Month

WINTER SQUASH

FUN FACTS

Winter squashes come in all shapes and sizes and are harvested when they are fully ripe, which makes their skin inedible. They are great storage crops, making them a popular vegetable during the winter. Common varieties of winter squash include pumpkins, butternut, acorn, and delicata.

SOURCE: Visual Food Encyclopedia



Winter squashes are an excellent source of potassium and vitamin A, and are a good source of vitamin C, folic acid, and copper.

NUTRITION

RECIPE: THREE SISTERS SOUP

YIELD: 50 - 3/4 cup SERVINGS

INGREDIENTS

- 2 lbs butternut squash, peeled, seeded, 1/2-inch dice
- 1/4 cup olive oil
- 1 1/2 qt chopped onions, small dice
- 1 qt chopped celery, small dice
- 2 cups chopped carrots, small dice
- 2 Tbsp minced garlic
- 1 gal low-sodium chicken broth
- 2 Tbsp table salt, divided
- 1 tsp ground coriander
- 1 tsp ground cumin
- 1 tsp dried thyme leaves
- 1 tsp ground black pepper
- 2 qt corn kernels, fresh or frozen
- 1 qt fresh or frozen chopped trimmed green beans (1-inch pieces)
- 3 qt Great Northern beans, canned, rinsed and drained
- 2 cups low-sodium salsa

PREPARATION

1. Heat oil in large stockpot over medium heat. Add onions, celery and carrots and cook, stirring occasionally, until tender, about 5 minutes. Add garlic and cook, stirring, for 1 minute more. Add broth, the squash, 1 Tbsp salt, coriander, cumin, thyme and pepper. Bring to slow boil. Cover and simmer, stirring occasionally, until the vegetables are tender, 30 to 45 minutes.
2. Add corn, green beans, Great Northern beans, salsa and the remaining 1 Tbsp salt. Return to a simmer and cook until the green beans are tender, about 5 minutes more.

SOURCE: Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

3/8 cup other vegetable
1/8 cup starchy vegetable
1/4 cup beans/legumes OR 1 oz M/MA

RECIPE: DELICATA SMILES

YIELD: 50 - 1/2 cup SERVINGS

INGREDIENTS

- 14 lbs delicata squash
- 1/2 cup vegetable oil
- 2/3 cup brown sugar, packed

PREPARATION

1. Preheat convection oven to 350°F or conventional oven to 400°F. Coat 3 half sheet pans or 1 full sheet pan and 1 half sheet pan with cooking spray.
2. Cut off ends of squash. Stand each on one flat end and cut in half lengthwise. Remove seeds and stringy flesh with a metal spoon. Place the squash halves cut side down on cutting board and cut into 1/4-inch slices ("smiles").
3. Arrange the squash smiles on the prepared baking sheets. Brush with oil. Sprinkle with sugar, distributing as evenly as possible.
4. Bake until the sugar is just melted and the smiles are just golden, about 12 to 15 minutes in a convection oven or 20 minutes in a conventional oven.



Adapted from Vermont's New School Cuisine Cookbook

MEAL PATTERN CONTRIBUTION

1/2 cup red/orange vegetable

